

the **thymes**

First Alternative  
NATURAL FOODS CO-OP

Fall 2020

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50<sup>th</sup>



First Alternative  
NATURAL FOODS CO-OP

the **First Alternative**  
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**thymes**  
Fall 2020

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# 50 Years and the Work's Just Begun

Adam Payson, *Thymes* Editor

**F**irst Alternative Co-op's first day in business was November 23, 1970, which means the day of our golden anniversary is nearly here! 50 years in business is quite an achievement, one we're mighty proud of. We've helped feed a lot of people in that time and, hopefully, helped educate them, support the local economy, and strengthen bonds across our community. We've done it all with your help and it's been a blast every step of the way. This year was going to be a chance for us all to celebrate that together. Plans changed.

In a year that was meant as sort of victory lap, we turned a corner to find ourselves on a whole new course, like our journey had just begun. 2020 has opened our eyes to the fact that as United States, we're a big divided mess. Systemic racism, sexism, bigotry, and a disregard for the planet are rooted so deeply into our society that their removal is going to take a lot of hard work, and more importantly, a lot of cooperation.

In this issue, we look back—at the early days of produce in the Co-op and at our year of collaborative anniversary products. We also look forward—to the upcoming election, probably the most important we'll see in our lifetime. We implore you to vote (and tell you how to register and explain mail-in voting.) We also visit Eloisa Organic Farm, one representative of the new, more diverse generation of farms sprouting across the valley. And we ask you to donate to the OSU branch of the NAACP to help the fight against food insecurity for college students of color.

50 years on, it looks like the work of building a more just and cooperative society is only beginning. It's a journey we're glad to be on with this community. Together we've got good food, good people, and we can go anywhere. See you at the Co-op! 🍌



*Opening day November 23, 1970 from the Gazette Times*

# Fight injustice & systemic racism. Donate today to OSU NAACP at the register.



As a cooperative, we believe it is our duty to contribute to a just, inclusive society and we cannot do that without first recognizing and acknowledging that the one we currently live in is not. There is no measure for the suffering systemic racism has caused our nation. No justification for the lives lost and the dreams destroyed. To everyone striving for justice, we feel your sadness, your rage, and your resolve, and we stand with you.

Co-op has partnered with the Oregon State University chapter of the NAACP in their efforts to battle food insecurity issues for local students of color. Food insecurity is just one of many injustices facing people of color, but one we're uniquely situated to address as a grocery store. The Co-op is matching your donations up to a total of \$5,000 dollars. Simply ask your cashier if you'd like to give. Every cent counts.

**"47 percent of Black students and 42 percent of Hispanic students at 4-year institutions experience food insecurity compared to 30 percent of their White peers."**

Source: [civilrights.org/edfund/resource/we-need-to-address-food-insecurity-for-college-students-in-america/](https://civilrights.org/edfund/resource/we-need-to-address-food-insecurity-for-college-students-in-america/)

# Produce Comes to First Alternative

## How fresh, local, organic produce came to the Co-op

**A**s part of our 50th anniversary celebration, we've spent the year covering the farms that have been providing the Co-op with fresh, local, organic produce for decades, like Spring Hill, Denison, and Sunbow. We've also started to tell you about the next generation of local farms, with an introduction to Sunbow Produce in the Fall Thymes and, later in this issue, a visit to Eloisa Organic Farm. Before that, though, let's take a look at...

### HOW PRODUCE CAME TO THE CO-OP

When we first opened our door (really, just one door) we strictly carried bulk dry goods. The little house on Fourth Street we called home that first year or so would have been ill-equipped for fresh produce. Our second home on Third Street—now we call it the South Store—wasn't any better suited at first. A funny thing happened, though: the more food we provided to the community, the more foods the community expected us to carry, produce included. Community members also helped us meet these expectations, bringing us garden overflow when possible. It was mostly onions, and the supply was irregular at best. It wasn't a unique problem, and soon the Willamette Growers' Association would seek to remedy it.

### ED RETTIG HAD BEEN THERE HIMSELF.

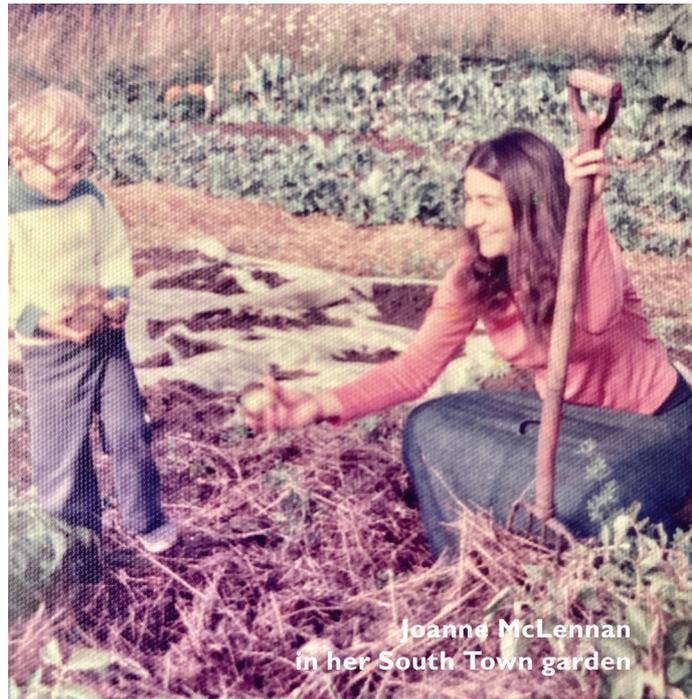
He'd come out west from New Jersey in 1970, riding the same self-sufficient wave that the Co-op set sail upon. For several years, Ed ran a restaurant downtown called The Gazebo. There, he gained firsthand experience with the produce problem. "There wasn't a local onion to be had," he told the Gazette Times in a 1975 article, recounting having to pay top dollar for onions. "There's always plenty of Oregon produce in stores in the summer months but by fall it's all over. The grocers go back to the big suppliers who truck produce from California, Mexico, and Texas."



Ed Rettig

**"JUMP AND A NET WILL APPEAR"** are words that Joanne McLennan has lived her life by. Like Ed, she came with restaurant experience. For two years, Joanne and her husband Seaton ran the Van Buren Street Cafe (which, after some changes of ownership and location, became Nearly Normal's.) Interested in growing their own food, they began an ambitious multi-acre vegetable garden at their South Town home. Meanwhile, Joanne teamed with Ed to hold a general meeting for anyone in town that was interested in joining the Growers' Market they had been contemplating—a way to bring small farms and farmers together that would give them a chance of competing with the large agribusinesses dominating the market.

"All these people packed the place," Ed told us in a recent interview, "only to find out that we were all consumers and there were no growers." Many attendees had small gardens or a few fruit trees, though. The solution was the Willamette Valley Growers' Map, a printed map covering roughly the area from Corvallis to Lebanon that pinpointed these small growers (somewhere between 25 and 50 of them) and listing what they may have to offer and when.



Joanne McLennan  
in her South Town garden

# "The idea came up that we could start having a little market somewhere..." —Ed Rettig

## THE GROWERS' MARKET SPROUTS.

The Growers' Map was a good start, helping small growers sell off their excess, but something centralized was still in order. Joanne became the driving force behind the next step, The Growers' Market. Running a small produce stand on the side of the Co-op (and tending to her garden) was something she could do with her daughter at her side, unlike running a restaurant.

The produce stand—a "funky lean-to" in Ed's words with a single, open-top cooler—opened in mid-July 1975. It sat against the building in the shade of the redwood tree that used to tower over the north entrance. We don't have any pictures of the stand, unfortunately.

Its first two years in business, the Growers' Market was operated almost entirely by volunteer labor, much of which came from Joanne and another volunteer, Ada Mae Stein.

It was during this time that the Willamette Valley's organic agricultural movement began to coalesce. Upstart farms and farmers like Harry MacCormack's Sunbow Farm found a consistent outlet there (read all about the early days of Sunbow in the Winter 19-20 Thymes) as did Tom Denison (whose storied connections to the Co-op are touched on in the Summer 2020 Thymes.)

By 1977, demand for fresh produce was on the grow and new farms were sprouting up everywhere. (These farming puns are overripe —*editor*.) A grant allowed the Growers' Market to pay the salary of two staffers.

Sally Overholser, another young mother, became the stand's first paid manager. She'd arrive every morning at 8 am and buy produce from whomever showed up. At 10, she would open for business and sell produce until the afternoon when volunteers would take over.

The extra time freed Joanne and Ada to begin working on their next plan—local Farmers' Markets in Corvallis and Albany that would help meet the expanding demands of both consumers and growers.

By 1979 the new markets were ready to launch, meaning the Willamette Growers' Association was ready to move on. They scheduled a meeting with the Co-op Board and proposed the store take over operations. We happily said yes, inheriting all the equipment, and the invaluable experience of Sally who became our first Produce Manager.

Every day since then, the Co-op has made fresh, local, organic produce our business. We thank the Willamette Growers' Association and every community member, volunteer, backyard gardener, and small farmer that help make it possible. All your hard work didn't just change the community. It changed the world.

As Ed said: "What we started back then was something really local and just for our community, but now, 50 years later, you realize that entire movement, the impact it has had on the entire country, maybe the entire world...It took 50 years but now it's part of our mainstream economy... It had the effect of slowly changing things." 🍌



Ada Mae Stein



An early look at our produce section

First Alternative Natural Foods Co-op 50<sup>th</sup>

# 50th Anniversary Product Roundup

How many of these exclusive, locally-made golden anniversary products have you scooped up?



**W**hen time came to plan our 50th anniversary celebration, we thought it would be great to have a special product or two made by local businesses to commemorate the event. We were amazed at the response we got! Local bakers, drink makers, coffee roasters, cheese mongers, and soapers answered our call with amazing, unique, and distinctly local products. How many of them have you tried so far? Don't miss your chance, because supplies are limited and it'll be another 50 years before we have an anniversary this big!

**Block 15 Valley Gold Barleywine** Brewed with local honey, Mecca Grade malts from central Oregon, and Oregon-grown hops. This caramel beauty will evolve with age, so make sure to grab some for now and later.

## 2 Towns Ciderhouse Barn Dance Cider

What's that sweet music? It's the sound of a cider made from a harmonious blend of heirloom apples sourced from within 50 miles of the Co-op. Boogie in and grab a bottle!

## Territorial Vineyards Anniversary Pinot Noir & Pinot Gris

Years back, we had the honor of being the first store to sell Territorial Vineyards wine. Now we

have the honor of being the *only* store to sell this delightful pair of wines. Raise a glass to cooperation.

## Whole Flower Farms

**PB&J Cookie** The simple pleasure of peanut butter and jelly in cookie form. This gluten free, vegan treat is meant for everyone—just like the Co-op!



## Wild Yeast Bakery

**Groovy Grains** this glorious sourdough loaf is handmade using organically grown (and Oregon grown) grains and sprouted rye berries. It makes a great grilled cheese with...



## Beaver Classic Cheese Chill Chile Cheddar

This young cheddar is smooth and creamy as can be. Don't be fooled by its exquisite chile powder marbling, it's incredibly mild, with just the lightest touch of pepper.



## April Showers Cool Beans Soap

Get cooperatively clean with the scent of peppermint, the exfoliating power of locally roasted coffee grounds, and skin-softening coconut and palm oils. Cool beans!



## Pacifica Coffee Roasters

**People's Roast** Power yourself with the People's Roast, an eye-opening medium-dark blend available in our Bulk departments.



## Bespoken Coffee Roasters

**Cajamarca Blend** This single origin coffee made with beans from Cajamarca, Peru is roasted to perfection right down the road and available exclusively at the Co-op, like all these wonderful, locally made products. Here's to 50 more!



Don't miss this exclusive anniversary merchandise!



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# A Visit to Eloisa Organic Farm

## Carrying on a fresh, local, organic tradition

Over the years, a lot of goodness has grown on the fertile acres off of Spring Hill Drive in Albany. Coming to fruition most recently are some longtime dreams.

When Spring Hill Farm founder Jamie Kitzrow announced his retirement, we learned it meant two new farms were coming—Sunrise Organic Farm and Eloisa Organic Farm, both run by longtime employees of Spring Hill. We recently paid a visit to Albany and met Eloisa Organic founders, Virginia Herrera and Zenon Ramirez. The two of them may be new farm owners, but after 25 years of working this land, their experience shines.

When we visited, work was in full swing. Even as she showed us around, Virginia was working. Checking up on the progress of tomatoes and peppers and advising staff who passed by. This is something she's done her whole life. We learned that she and Zenon are originally from the village of Asuncion Atoyaquillo, Oaxaca.

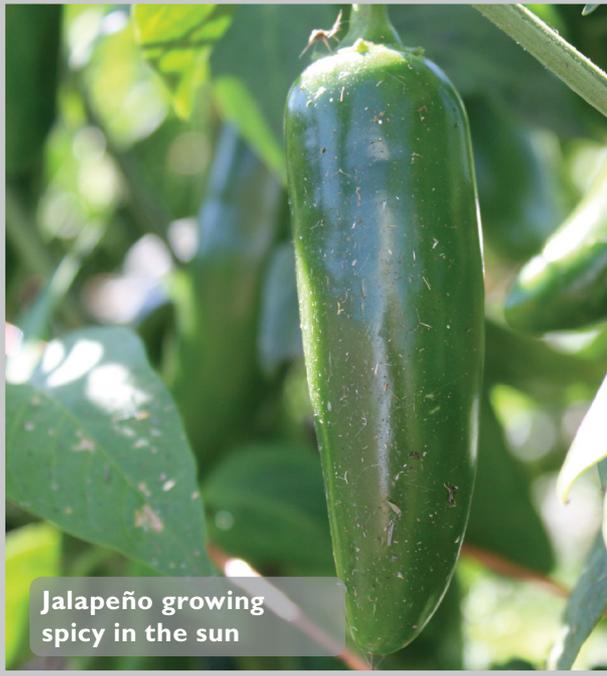
She first learned to farm from her mother, Eloisa. After Virginia's father died, Eloisa ran the farm and raised nine children. To honor her mother's hard work and dedication, Virginia and Zenon named their dream farm Eloisa Organic. Here, they proudly carry on the traditions of their families, friends, and honor us all with fresh, local, organic produce that's second to none. 🍅



Background image: A hot August day at Eloisa Organic Farm. Behind the bushy rows of jalapeño peppers, shade cloth helps prevent poblano and Anaheim peppers from blistering in the sun. Further in the background, sprinklers water a variety of organic greens.



Eloisa Organic Farm peppers, freshly delivered to the Co-op



Jalapeño growing spicy in the sun



A beautiful spread at PSU Farmers' Market



Ripening Roma tomatoes



Virginia Herrera and Zenon Ramirez

# IOU: Community-Feeding Crowdfunding

It's On Us Corvallis is a community-sourced fund providing locally-made meals to community members in time of crisis

The effect of the COVID-19 pandemic on local restaurants was devastating. The importance of Corvallis' restaurants to the local economy and culture can't be overstated, and almost overnight it was all threatened. Employees and restaurant owners were suddenly without their primary source of income, suppliers and farmers instantly lost some of their biggest clients, and many were left wondering where their next meal would come from.

It's On Us (IOU) Corvallis, launched in early April by founders Aliza Tuttle and Elizabeth Jones, was a way that community members could not only help these struggling local businesses but also give back to the brave workers on the frontlines of the COVID-19 crisis: caregivers, hospice workers, bus drivers, and water treatment plant workers, among others.

In its first week, community donations allowed the donation of 40 meals from *Pita Pit* to Stonybrook Assisted Living Staff, 100 meals to the Edward C. Allworth Veterans Facility Staff from *Kinetic Bagel*, and made 100 community meals from *New Morning Bakery* available for pick-up to any community member.

Since then, community members have contributed an amazing \$100,000, including a successful \$20,000 matching campaign that took just ten days! It all goes to locally owned Benton county restaurants. Restaurants with minority or first-generation immigrant owners have made up half of the Community Meal Days so far, and IOU is committed to continuing that.

Currently, 250-350 meals are given out every week, to anyone in the community who wants one. Meal Days are twice a week, on Tuesday and Friday.

**For info on upcoming Meal Days and to learn more, visit their website: [itsonuscorvallis.org](https://itsonuscorvallis.org) or find them on Facebook: [@itsonusCorvallis](https://www.facebook.com/itsonusCorvallis) and Instagram: [@itsonus\\_Corvallis](https://www.instagram.com/itsonus_Corvallis)**



## How to Help

IOU is hoping to raise another \$100,000 to allow them to sponsor meals through December and continue to build community and help the economy through food.

If you would like to help their mission of making our community's wonderful and diverse selection of food available to everyone, regardless of means, please consider making a donation.

Donations made via GoFundMe go directly into weekly action: <https://charity.gofundme.com/o/en/campaign/itsonuscorvallis>.

If you choose to donate using Venmo (@itsonus\_corvallis) there are no fees.

Checks can be mailed to the Corvallis Sustainability Coalition at: P.O. Box 2310, Corvallis, OR 97339. (make sure the memo line designates your donation to IOU Corvallis.)

*All funds are distributed directly to participating restaurants. All donations are tax deductible.* 🍴

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**First 50<sup>th</sup> Alternative**

Help us celebrate 50 years of cooperation by sharing any **photos, films, relics, stories & memories** from days of Co-op past.

Contact Adam at [thymes@firstalt.coop](mailto:thymes@firstalt.coop) or call 541-230-3187

# How About Them Apples?

Pardon...how about *those* apples? They look rather tasty...

**F**olklore, fairy tales, teacher's pets and titans of tech—the apple is an ever-present fixture in culture and in our diets. The hand-held treat originated in central Asia, its domestication thought to have taken place between four and ten thousand years ago along the northern foothills of the Tian Shan mountain range, in what's now Kazakhstan.

The nearby city of Almaty's name translates to "Father of Apples," and the fruit's primary ancestor, *Malus sieversii* still grows wild in the region. Smaller than today's apples, *Malus sieversii* look very similar, but word is they don't taste great.

Its domesticated descendants came to Europe early in the history (late in the prehistory?) of the Silk Road, the continent-spanning trade route that served as the main conduit for exchange of culture and goods between the Eastern and Western worlds for centuries.

Along the way they crossbred with wild crabapples, the

beginnings of a branching-off process that's resulted in over 7,500 varieties of domesticated apples around the globe.

The westward journey brought apples to Ancient Rome where breeding with an eye towards better flavor and larger size multiplied the varieties. Next it was the Normans (the viking-descended residents of what's now Normandy, France) who used their agricultural and culinary knowledge to master cider making and produce a plethora of new cider and dessert varieties. When they invaded Britain, the techniques and breeds traveled with them and took root.

Centuries later, British sailors with cargoes of cider and pips (or apple seeds) traveled the globe. Apple orchards, primarily for cider, were an immediate fixture of the colonies that would become the United States. Later, as Americans pushed west, we brought apples every step of the way.

**Fuji** In the late 18th century, French minister to the United States, Charles Genet, presented founding father Thomas Jefferson with the gift of an apple cutting. Jefferson donated the plant to a nursery in Virginia which cultivated a variety of apple from it that they called "Ralls Gennet." A century and a half later, Japanese breeders crossed the Gennet with the ubiquitous Red Delicious and the Fuji apple was born. Truly a cooperative effort!

**Honeycrisp** Developed at the University of Minnesota, where a breeding program works to create cold-hardy varieties suited to the northern US. The parentage of this sweet, snappy apple is a little fuzzy—it seems like the researchers didn't keep the best records! Originally advertised as



Fuji



Honeycrisp

Background image:  
Airlie Reds growing at the Rainshine  
Family Farm orchards in Kings Valley

a cross between Honeygold and Macoun (the latter of which you'll see at the Co-op from time to time), later DNA testing pointed towards other U of M varieties. At least the apple didn't fall far from the tree, right?

**Pink Lady** Branding is everything these days. Just take the Pink Lady, whose story begins down under where Australian breeder John Cripps crossed the Golden Delicious and Lady Williams to

create a pink-blushed apple he called Cripps Pink.

The Western Australia Department of Agriculture and Food (Cripps' employer) own and license the variety name to growers around the globe. They

also created and trademarked the Pink Lady brand. Not a variety itself, Pink Lady is the name given to Cripps Pinks that meet stringent specifications on color, sugar content, firmness, and more. Fewer than half of Cripps Pinks make the cut and earn the name Pink Lady.



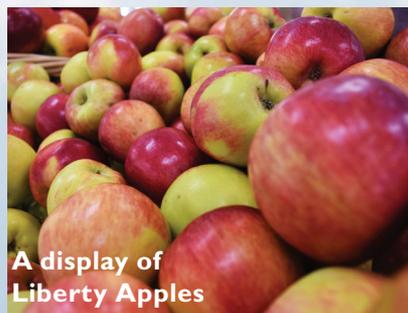
Pink Lady

**Airlie Red** This red-fleshed heirloom was rediscovered in the mid-20th century by Willamette Valley homesteaders. Dedicated local apple lovers may remember it as the Hidden Rose Apple from Thomas Paine Farms. Rechristened Airlie Red by Rainshine Family Farm—the next generation of farmers on the land—careful stewardship has turned it from a colorful novelty to a delicious, juicy seasonal standard.



Inside an Airlie Red

**Liberty** This lovely little dessert apple was produced just up the road from the Big Apple at Cornell University's New York State Agricultural Experiment Station. This renowned research facility has had a huge impact on the research and breeding of apples. Jonagold, Macoun (mentioned above; the Liberty is considered



A display of Liberty Apples

a descendant,) and Empire apples were all developed here. The Liberty name has two meanings: representing its state of origin, and as a declaration of its freedom from disease, which is the reason it was bred in the first place.

**Arkansas Black** Fresh from the tree, this deep red apple is tart. It keeps extremely well, and with time its color deepens to a near-black—the darkest of any apple—while its flavor mellows considerably. In an amusing coincidence, it was developed in Benton County, Arkansas, but don't go that far, look for it this fall at your co-op, right here in Benton County, Oregon! 🍏



Arkansas Black

## An Apple by Any Other Name

The name apple comes from the Old English *æppel*, a term that meant fruit in a general sense. As late as the 1600s the word would be used to refer to any sort of fruit other than berries, and also to nuts, which is, well...nuts. Now we can't stop coming up for new names and classifications for apples, or anything else.



# Donna's Kitchen



Donna Tarasawa  
Outreach Specialist



## BUDGET RECIPES

**B**udget-minded shopping is more important now than ever. At the Co-op, we're always looking for new ways to help you stretch your grocery dollars, and we're excited to introduce a new one—Budget Recipes, a new online feature that's grown out of our long running, award winning Budget Bites series.

Every week we'll be sharing delicious new Budget Recipes with you through our website and social media pages. See the savings with an included price-per-serving estimate and then taste how good eating on a budget can be. Here are four delicious, affordable recipes to get you started.

**Kofta Kebabs** From their delightfully complex flavor, you'd never guess how easy these kebabs are to make, or just how affordable they are. A little bit of spice goes a long way, especially when you can buy just what you need, fresh from our Bulk department.

**Root Burgers** Tasty vegetarian burgers made with a blend of carrots, beets, and brown rice. Keep 'em gluten free with a crisp lettuce wrap instead of a bun! Find all the fresh, local, ingredients you need in Produce.

**Tuna Cakes** There's a lot of fish in the sea, but tuna takes the cake when it comes to a budget-minded but still delicious dinner. And at the Co-op, you can be sure it's clean and sustainably fished.

**Oregon Dal** This Oregon Dal is the perfect meal for a beautiful Oregon day. It's an energy-building blend of lentils, sweet potatoes, and kale that will keep you running, hiking, or biking. You'll find the recipe on the next page, and all the ingredients you need at First Alternative Co-op. 🍴

Another way to savor and save: Budget Bites, a free quarterly pamphlet featuring 6 dinners for 2 adults. Grab a free copy in the store or read current and back issues at [firstalt.coop](http://firstalt.coop).

**BUDGET RECIPES**

**Tempeh Banh Mi**

**\$4.05**  
per serving  
Note: estimate only.

Facebook and Instagram icons

**Get new Budget Recipes every week:**

Visit [firstalt.coop/recipes](http://firstalt.coop/recipes) or follow us on Facebook and Instagram: [@firstaltcoop](https://www.instagram.com/firstaltcoop).

# Kofta Kebabs

**\$3.55**

per serving

Note: estimate only



# Root Burgers

**\$1.30**

per serving

Note: estimate only



# Tuna Cakes

**\$2.80**

per serving

Note: estimate only



# Oregon Dal

**\$2.80**

per serving

Note: estimate only



# Root Burgers

## Ingredients:

1 cup cooked brown rice	2 Tbsp flour
1 med-large carrot, shredded	¼ tsp salt
	⅛ tsp pepper
1 medium beet, shredded	Oil for frying
¼ onion, diced	2 burger buns or 4 lettuce leaves, for wrapping
1 clove garlic, minced	Burger condiments
1 egg	
1 Tbsp milk	

**Instructions:** Combine first 10 ingredients in a bowl and stir to combine. Heat oil in a large skillet. Divide burger mix into 4 portions and drop each into hot skillet; pat down into a burger shape about ¾" thick. Cook until browned, then flip and brown the 2nd side. Serve on toasted buns or wrapped in lettuce, with your favorite condiments.

Serves 4

Price per serving \$1.30

# Kofta Kebabs

## Ingredients:

½ # ground beef	¼ tsp pepper
2 cloves garlic, minced	¼ cup minced cilantro
½ tsp sea salt, ground	¼ onion, minced
cinnamon, ground	1 egg
ground coriander, ground	4 skewers
allspice, ground	ginger

**Instructions:** Mix all ingredients together in a bowl. Divide into quarters and shape each one on a cookie sheet, into a rectangle about 2"x 4". If desired, thread a skewer through the kebab. Bake at 350°F for 15 - 20 minutes, or until cooked through.

Serves 2

Price per serving \$3.55

# Oregon Dal

## Ingredients:

½ onion, peeled and chopped	¼ tsp chile powder
1 clove garlic	2 ½ cups hot water mixed with 2-3 Tbsp vegetable broth powder
1 Tbsp olive oil	3-4 leaves curly green kale, chopped, with large center rib removed
¼ # green lentils	¼ cup raisins
½ # white sweet potato, peeled and cubed	1 cup cooked brown rice
1 tsp ground cumin	
½ tsp salt	

**Instructions:** Heat a large, heavy saucepan over medium heat. Add oil, onion and garlic. Cook, stirring frequently 2-3 minutes, or until onion is soft. Add cumin, salt and chile powder and cook 1 minute, until fragrant. Add broth and lentils. Bring mixture to a boil. Reduce heat, cover and simmer 10-15 minutes. Add sweet potatoes and kale and cook an additional 15-20 minutes until lentils and sweet potatoes are tender. Add water in small amounts, as necessary, during the cooking process. Stir in raisins. Serve over brown rice.

Serves 2

Price per serving \$2.80

# Tuna Cakes

## Ingredients:

½ onion, finely minced	⅛ tsp curry powder
1 tsp olive oil	¼ tsp ground cumin
2 Tbsp mayonnaise	1 egg
1 Tbsp stoneground mustard	6 oz canned tuna
	¾ cup dried bread crumbs

**Instructions:** Sauté onion in oil until soft. Drain tuna. Mix all ingredients together. Form mixture into 4 patties and place on parchment lined cookie sheet. Bake at 350°F about 20 minutes, or until golden. Serve with lemon wedges or *Yumm! Sauce*.

Serves 4

Price per serving \$2.80

# What Democracy Looks Like ★ ★ ★ ★ ★ ★ ★ ★

The next election will shape our future. Are you registered?

**D**emocracy is a fundamental part of the cooperative vision. The second of the Seven Cooperative Principles calls for "Democratic Member Control." These principles—introduced by the first modern cooperative, started in Rochdale, England in 1844—guide our decision making even today.

In the stores, the Second Principle means that Co-op Owners have a vote and voice in their Co-op. We hold annual elections to decide Owner-driven referendums and elect the candidates Owners feel will best represent their ideals.

The cooperative commitment to democracy continues outside the store as well.

We understand that voting is the way forward to a safe and just future for all. We all need to vote in every election—local and national,

big and small—and whenever possible to advocate for others to vote, and help as many people as possible get registered.

If you're not yet registered (or not sure if you are) we've got some helpful information to the right.

Thankfully, in Oregon we vote by mail. It's safe and easy, which means more people participate. In fact, Oregon consistently ranks as one of the nation's leaders in voter turnout.

Registered voters receive an informative voter's guide in the mail 2-3 weeks before the election, followed by a ballot which includes a security sleeve and return envelope.

The ballot can be stamped and mailed up to the Wednesday prior to the election, or dropped in the drop boxes (locations listed below) by 8pm on election day.

## Register Online

<https://sos.oregon.gov/voting/Pages/registration.aspx>  
or scan the QR code



**October 13 is the last day to register to vote in the 2020 general election!**

Registration cards postmarked by this date or submitted online no later than 11:59 pm are valid.

**Check your registration status at 411.org** Can't

remember if you are registered or if you updated your registration after a move? The League of Women Voters will help.

## Ballot drop sites in Benton

**24-Hour Outdoor Ballot Drop Boxes:** Benton County Courthouse, 120 NW 4th St, Corvallis and across the street at 180 NW 5th St. • Wells Fargo Bank, 2543 NW Kings Blvd, Corvallis • Benton County Sunset Building, 4077 SW Research Way • Adair Village City Hall, 6030 NE William R Carr Ave, Adair Village • Lincoln Health Center, 121 SE Viewmont Ave, Corvallis • Monroe Community Library, 380 N 5th St, Monroe • North Albany Shopping Center, 621 Hickory Ave NW, Albany • Philomath Public Library, 1050 Applegate St, Philomath

**Indoor Ballot Drop Boxes:** Benton County Elections Office, Basement of County Courthouse, 120 NW 4th St Rm 13, Corvallis • Corvallis Public Library, 645 NW Monroe Ave, Corvallis • OSU Valley Library, 121 The Valley Library, Corvallis • LBCC Benton Center, 757 NW Polk Ave, Corvallis • City Limits Market, 5800 NW Hwy 99W, Corvallis • John Boy's Alsea Mercantile Store, 186 E Main St, Alsea (visit <https://bit.ly/3kibL36> for hours and details on indoor drop boxes.) 🗳️



# Chill Garden Preservation

## Freeze the harvest to eat fresh all winter

I'm no master gardener, but I am a gardening enthusiast. I've been tending my little 1/8 acre plot in South Corvallis for roughly 20 years with mixed success, but always a sense of inspiration and wonder. Gardening keeps me grounded (no pun intended) and provides me with a joyful sense of anticipation, purpose and, of course, plenty of good things to eat! In this unusually fraught time, when I'm learning to recognize just how fragile life, health, justice, and democracy really are, putting by the harvest feels less like a chore and more like a kind of therapy.

Carefully preserving the harvest now will allow me to reap the rewards of my summer's labor well into the cold, dark days ahead.

Food preservation is a complex topic, which I won't delve too deeply into here. However, I encourage you to visit two excellent local websites with information for making the most out of the food you harvest (or buy.)

First, the OSU Extension Service has detailed food safety information, including canning and other food preservation instructions, recipes, and a hotline. Also, the No Food Left Behind project from the Corvallis Sustainability Coalition contains great information about food storage, preservation, and helpful organization tools, all for the purpose of avoiding the natural resource waste associated with wasted food. Learning to avoid wasted food is a worthy goal, not just for environmental conservation, but also for budgetary conservation!

When it comes to preserving, one of the simplest tools available comes standard in most kitchens: the freezer. It's true that a freezer does not have infinite space, but it is also true that the full freezers are the most efficient in terms of energy use. The trick with tools is to learn how to use them skillfully.

Labeling and dating everything is non-negotiable. Beyond that, it's mainly a matter of keeping track of what's in the freezer and using those contents regularly throughout the winter months. Make a list up on your computer, jot it down on a magnetic white board, or use a fancy app on your phone (like What's In My Freezer), whatever it takes to be sure a trip to the freezer is not an archaeological expedition.

### LOCAL RESOURCES

**OSU Extension service**  
[extension.oregonstate.edu](http://extension.oregonstate.edu)

**No Food Left Behind**  
[nofoodleftbehindcorvallis.org](http://nofoodleftbehindcorvallis.org)



Julia Lont

**Basil** Save up some of this fresh, summery flavor to cheer your winter evenings by making pesto cubes. Make a simple pesto by blending fresh basil leaves, sunflower seeds, garlic, sea salt, and olive oil in a blender or food processor. Distribute the well-blended pesto into ice cube trays to freeze. Once fully frozen, pop out the pesto cubes and store in a freezer bag. You can use as many cubes as your pizza, pasta, or toast points call for. Simply thaw and add a little extra olive oil and some shaved Parmesan.



**Tomatoes** Frozen tomatoes cook down quickly into a sweet, flavorful sauce for pizza or pasta. I also love to toss a few frozen tomatoes into soups, stews, or curries, instead of using canned tomatoes.

Here's how: Dunk fresh, ripe tomatoes into simmering water for 1-2 minutes. Once they have cooled enough, skin and core them. Set skinned tomatoes on a baking sheet and place in the freezer until solid. Pop individually frozen tomatoes into a resealable freezer bag for long-term storage. On a good tomato year, I'll have delicious frozen tomatoes that I can use well into the spring.



**Hot Peppers** Hot peppers are the ultimate easy-freeze option. Literally, you can just put washed hot peppers, whole, into freezer bags. The oils in the hot pepper mean it never freezes as solidly as a more watery vegetable.

Just grab a pepper out of the freezer and you can just start chopping or slicing it (carefully, of course) to add a little heat to your winter meal.



**Zucchini** It seems like it's always kind of a feast or famine situation with zucchini. Zucchini bread freezes quite well for at least a few months. So making up a big batch to freeze is a great plan, if you have the freezer space. Wrap the bread well in plastic wrap and then foil. Alternatively, to conserve space, you can grate zucchini and pack it into a freezer bag for bread, pancakes, or fritters. Pack each freezer bag with one loaf's worth of grated zucchini (about 2 cups.)



**Cucumbers** Here's a recipe for freezer pickles recommended by my friend Maureen Beezhold which I hope to try this year:

Wash 6-8 cukes and slice thinly (makes about 2 quarts.) Thinly slice one sweet onion. Mix together with 2 Tbsp sea salt in a large bowl. Let sit for 2 hours. Drain well and rinse thoroughly with cold tap water. Return them to the bowl and add  $\frac{2}{3}$  cup each of olive oil, vinegar, and sugar. Mix well, cover and refrigerate overnight. Pack in canning jars or rigid plastic containers to freeze. To avoid broken containers, be sure to leave generous headspace and a loose lid until your cukes are fully frozen.

When the days grow short, the rain sets in, and you realize it will be months until you can crunch into a fresh garden cucumber again, thaw a batch of these to top your salad. Store the thawed pickles in the fridge and use within two weeks. 🥒



# Wellness thyme

## Sustainable Sipping with klean kanteen®



**K**lean Kanteen is committed to a lot more than just making reusable containers, they're committed to keeping our planet usable. After all, what's the point of a long-lasting and ultra-durable reusable drinking vessel if there's no great outdoors to tote it around in?

Klean Kanteen is a Certified B Corporation, which means that they balance purpose and profit it in all operations. B Corps are legally obligated to consider the impact of their decisions on workers, customers, the community, and the environment. And regular recertifications mean the B Corps must continue to walking the walk in addition to talking the talk. Klean Kanteen certainly does, and they stay hydrated with the help of reusable containers like these:

**TKWide** From the coast to the Cascades, Klean Kanteen's vacuum insulated TKWide bottles (available in a variety of sizes) are ready to travel. Keep your water cold or your coffee hot while you stay stylish with your choice of cool colors that won't quit thanks to the chip-resistant Klean Coat finish on rugged food-grade stainless steel.

**TKPro** For peak performance from the mountain peaks on down, you can't beat the 100% plastic-free TKPro. A twist-and-pour cap offers leak-proof security while offering near-instant access to a cup of refreshment on the trail.

**Accessories** How do you want to drink? Options abound with Klean Kanteen's simple, and simply useful accessories.

Choose from a selection of dishwasher-safe lids for your TKWide, a sturdy steel S-Biner perfect for hands-free toting, steel straws with safe and easy-drinking food-grade silicon flex tips, and more 🍷



**KLCC**



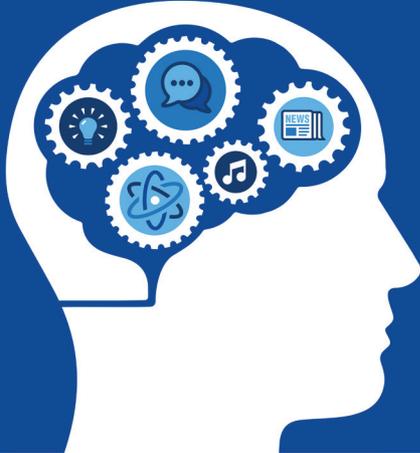
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*Chicken Tikka Masala  
with Indian Rice*

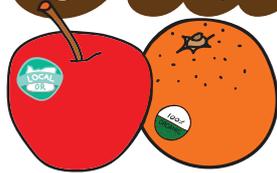
*Veggie Lo Mein Bowl*

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# Side by Side



**F**all finds me feeling really tired from the hot summer weather and long work days on the farm. I'm no stranger to work but sometimes you need a boost so we're having a close look at pre-made energy drinks. When a product claims to give you energy, it means to say that you mentally won't feel tired, or that a foggy brain will clear out and have a sunnier disposition. Sadly, there's no such thing as a beverage that can make physical lethargy go away.

—Sigh—

While the selection of drinks isn't as vast as other products at the Co-op, they all taste very different.

The biggest commonality is that all four companies represented here use ingredients derived from Latin American/Indigenous cultures.

Folks, I wish I had the ability to really examine this here. Since the space and platform aren't optimal

for that particular subject let me just ask you to consider the fetishization of Indigenous cultures in the products we consume.

Companies often claim to have positive impact on small tribal and indigenous communities but isn't that a little patronizing? Couldn't they just admit and be upfront about the fact that they've identified a way to make a profit using ingredients they wouldn't have access to unless they agreed to "do something nice" for the communities that steward these plants? A little transparency and less spin would go a long way with the savvy consumer.

I've ranked these on a scale of 1 - 5, with one being the lowest and five the highest. The categories we'll be discussing are the measure of the mental clarity I felt, expressed as the battery-powered *Energy Meter*, along with *taste*, *sugar*, *general ingredients*, and good ol' *other*.

## Sambazon Jungle Love with acai/passion fruit

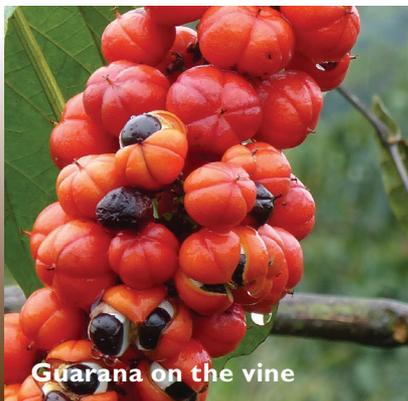
Oh Sambazon, we need to have a talk about appropriation. It's 2020 and time we stop making caricatures of Indigenous People. There's nothing "authentic" to the rainforest about a canned energy drink. Tastes and smells a bit medicinal at first.



**Taste: 1 • Sugar: 1** (contains 58% of your daily recommended allowance!)

**General ingredients:** Contains 6% fruit juice, energizing ingredients are green tea, guarana, and yerba mate.

**Other:** Aside from their other pre-packaged products, this company is known for being the first to make acai extract available to other companies. Third party providers for special ingredients is yet another riveting topic of conversation but we don't have room for it here.



Guarana on the vine



Guayusa being brewed



## Runa Blood Orange

Tastes like tea with a hint of orange, tanic but really nice! The aftertaste lingered, which I didn't enjoy as much.



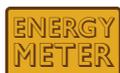
**Taste: 5 • Sugar: 5**  
(contains only 4% of the daily recommended allowance.)

**General ingredients:** Guayusa is the energizing ingredient. It is derived from the leaves of a holly tree native to the rainforest in Ecuador.

**Other:** Runa is also available in "still" bottles of iced tea and in hot tea bags so if you don't like fizz but need a kick, you've got options!

## Guayaki Organic Yerba Mate Sparkling Classic Gold

Very drinkable with the perfect effervescence and well balanced flavor. The amount of sugar was a bit much for my stomach, though.



**Taste: 5 • Sugar: 1** (contains 24 grams of sugar, over 50% of the daily recommended allowance.)

**General ingredients:** contains interesting juices and extracts that give it the well-balanced flavor, along with the energizing ingredient, Yerba Mate which is a holly tree native to the rainforest in Argentina.

**Other:** The nutritional facts on the can are a little tricky...at first glance you might think the sugar content isn't so bad, until you look at the serving size for this slender 12 oz can is actually 1.5, versus the other 12 oz drinks which list just 1 serving per container.

## Guayaki Organic Yerba Mate Orange Exuberance

The non-sparkling version by Guayaki. Very drinkable, tastes like a lightly orange flavored black tea. Ultimately, it had the same effect on my stomach as the Classic Gold.



**Taste: 5 • Sugar: 1**

**General ingredients:** Contains 4% fruit juice, energy inducing ingredient is Yerba Mate and added caffeine.

## Hi-ball Organic Energy Drink Blood Orange

Nicely effervescent, light pleasing flavor and not too sweet tasting though the sugar content is through the roof!



**Taste: 5 • Sugar: -1**  
(contains 74% of the daily recommended allowance!)

**General ingredients:** Energizing ingredients are added caffeine and Guarana, a vining plant

native to the Amazon basin in Brazil. The seeds of this plant have about double the amount of caffeine as coffee beans, yowza, no wonder it made me feel alert!)

## Hi-ball Energy Water Peach

When I was running the kitchen at a local restaurant, this was my energy drink of choice. It's the caffeinated version of sparkling water so don't expect a strong flavor, the peach "essence" went really nicely when I mixed it with orange juice for a mocktail that was super tasty and kept me going into the long nights.



**Taste: 3 • Sugar: 5** (no sugar!)

**General ingredients:** Contains both caffeine and Guarana along with a handful of ingredients I couldn't pronounce but are derived naturally, not artificially according to the company's website. Contains high amounts of Vitamin B5!



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